

VA Caregiver Support Line Monthly Educational Call Curriculum:

April 2014: Focusing on the Forgotten....ME

Caregivers have very demanding lives, with pressures and responsibilities seeming to come from every direction. This group focuses on recognizing these challenges and confirms just how easy it is to neglect one's own needs when caring for another. Caregivers will learn strategies to identify signs of stress in themselves. Strategies will be introduced to help Caregivers become more attuned to their own personal needs and begin to identify daily opportunities to connect with the people/places/experiences that restore balance and vitality.

May 2014: Goodbye to Going It Alone: Learning to Ask for Help

In a society where independence and autonomy are so valued, asking for help can be a very difficult thing to do. This group focuses on challenging that belief system and supporting the view that asking for help is a sign of strength. The ability to recognize feelings and needs is something to be valued and honored. This group helps guide Caregivers in becoming more aware of when help may be needed, identify barriers of asking for help, and the steps of actually seeking out assistance.

June 2014: Balance in the Eye of the Storm: Self Care When Caring For a Loved One with Mental Health Concerns

Caring for a loved one with mental health needs may present Caregivers with unique challenges. Strategies are discussed to assist Caregivers in becoming more aware of their own personal reactions and tools are introduced to help Caregivers enhance their own well-being.